


October 2022

Starpoint Fricano/Regan Lunch Menu

Lunch Price \$2.35



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Visit www.myschoolbucks.com to set up a lunch account to monitor and apply money to your child's account throughout the school year</p>				 <p>*NYS Brussel Sprouts *NYS Pears</p>
<p>3 Hamburger on WG roll or Ham & Cheese Sandwich ----- Green beans ¾ C Fresh Fruit ½ c Milk -8oz</p>	<p>4 Chicken Tacos 8" Soft Shell w/ chicken & Cheese Or Turkey & Cheese Sandwich ----- Diced Carrots 3/4c Fruit 1/2c Milk-8oz</p>	<p>5 Rotini (3/4c) w/ meatballs (4) w/dinner roll or Peanut Butter and Jelly Sandwich ----- Steamed Broccoli 3/4c NYS Pear -1Piece Milk-8oz</p>	<p>6 Cheesy Pizza or Ham & Cheese Sandwich ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz</p>	<p>7 Chicken Nuggets (5) Or Turkey & Cheese Sandwich ----- Steamed Corn 1/2c NYS Brussel Sprouts ¾ C Fruit 1/2c Milk-8oz</p>
<p>10 </p>	<p>11 8" Taco w/ Meat, Cheese or Turkey and Cheese sandwich ----- Corn 1/2c Black Beans 1/2c Fruit 1/2c Milk-8oz</p>	<p>12 Macaroni and Cheese (1 1/3c) or Peanut Butter and Jelly Sandwich ----- Green Beans 3/4c Fresh Fruit ½ C Milk-8oz</p>	<p>13 Grilled Cheese Sandwich Or Ham and Cheese Sandwich ----- Sweet Potatoes 3/4c Fruit 1/2c Milk -8oz</p>	<p>14 French toast sticks (3) And sausage patties (2) Or Turkey & Cheese Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz</p>
<p>17 Hot Dog on WG Roll or Ham & Cheese Sandwich ----- Baked Beans 3/4c Fruit 1/2c Milk-8oz</p>	<p>18 20 Chicken Tacos 8" Soft Shell w/ chicken & Cheese Or Turkey & Cheese Sandwich ----- Corn 1/2c NYS Fresh Apples-1 Piece Milk- 8oz</p>	<p>19 Meatball (4) Sub w/cheese or Peanut Butter and Jelly Sandwich ----- Steamed Broccoli 3/4c Fruit 1/2c Milk-8oz</p>	<p>20 Cheesy Pizza or Ham & Cheese Sandwich ----- NYS Brussel Sprouts 3/4c Fruit 1/2c Milk-8oz</p>	<p>21 Chicken Fingers (3) or Or Turkey & Cheese Sandwich ----- Baby Carrots 1/2c NYS Pear-1piece Milk-8oz</p>
<p>24 Macaroni and Cheese (1 1/3c) Or Ham & Cheese Sandwich ----- Glazed Carrots 3/4c Fruit 1/2c Milk-8oz</p>	<p>25 8" Taco w/ Meat, Cheese or Turkey and Cheese sandwich ----- Black Bean Salsa 1/2c Corn 1/2c Fresh Fruit 1/2c Milk-8oz</p>	<p>26 Hamburger on WG roll or Peanut Butter and Jelly Sandwich ----- Tater Tots 3/4c Fruit 1/2c Milk 8oz</p>	<p>27 Grilled Cheese Sandwich Or Ham and Cheese Sandwich ----- Green Beans 3/4c Fruit 1/2c Milk-8oz</p>	<p>28  Ghostly Chicken Nuggets(5) or Goblins favorite Sandwich Turkey & Cheese ----- Boo-tastic Broccoli 3/4c Witches Apple -1 piece Cauldron of Milk-8oz</p>

NYS LOCAL FOODS

- *Upstate Farms Dairy -milk, yogurt, sour cream*
- *LynOaken Farms Apples*
- *Local Farm Vegetables and Fruit used in Meal Program highlighted in green*

In addition to the Entrée of the Day, we also serve the following Items Daily:

- 6" Subs and Wraps Made to Order (2M2G)*
- Salads Made to Order (Includes Dinner Rolls) 2M2G*
- Peanut Butter & Jelly Sandwich (2M2G)*
- Fruit & Yogurt Parfait w/Dinner Rolls (2M2G)*

Offered daily with all School Lunches: Fresh or Prepared Fruit

(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz

This institution is an equal opportunity provider and employer.